



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09278, Plantains, cooked

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	67.30	6	1.106	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	116	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	485	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	0.79	3	0.042	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.18	3	0.029	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.58	3	0.035	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	31.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	2.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	14.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Minerals													
Calcium, Ca	mg	2	3	0.289	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.58	3	0.029	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	32	3	2.921	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	28	3	1.397	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	465	3	24.884	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	5	3	0.312	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.13	3	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.066	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	1.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	10.9	3	1.611	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.046	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.052	3	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.756	3	0.039	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.233	3	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.240	3	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	26	6	0.817	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	26	6	0.817	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folate, DFE	µg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	12.7	--	--	--	--	--	--	--	--	Calculated or imputed	09040	01/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	45	3	5.831	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	369	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Carotene, alpha	µg	353	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Vitamin A, IU	IU	909	3	116.625	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Lutein + zeaxanthin	µg	28	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Lipids													
Fatty acids, total saturated	g	0.069	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Flavonoids													
Isoflavones													
Daidzein ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

¹Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725